



Central Texas Veterans Health Care System

Diabetes and Pre-Diabetes

Primary Care Nutrition Tip

This handout provides only basic nutrition guidelines for this topic.
See a Registered Dietitian (RD) for your individual needs.
The Nutrition Clinic is a walk-in clinic (no appointment needed) in
Austin, Temple and Waco and by appointment at CBOC's.
Sign up with the clinic clerk to speak to a dietitian.

Other classes and programs available:

Diabetes Classes — series of 3 classes with information from nursing, nutrition, pharmacy and activity specialists on how to manage your diabetes.

Cardiovascular — 3 hour class with nursing, nutrition and pharmacy information on heart health.

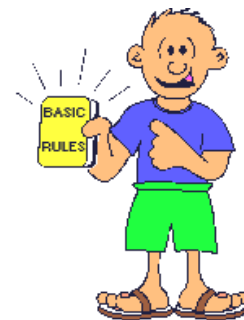
Pre-Diabetes — 90 minute class with nursing and nutrition information on reducing or delaying your chance of having diabetes. Available in Waco, Temple, Austin

Renal - 2 hour class with information from nursing and nutrition on kidney disease and management. Available in Temple, Austin

MOVE! Weight Management - **MOVE!** is a national VA program designed to help veterans lose weight, keep it off and improve their health. **MOVE!** features a personalized program of nutrition, physical activity and behavior change. Visit www.move.va.gov to find out more.

**Ask your Primary Care Team which of these classes is
best for you and how to be enrolled.**

GUIDELINES FOR HEALTHY FOOD CHOICES AND IMPROVED CONTROL OF DIABETES and PRE-DIABETES



- Eat a variety of foods
- Reach and stay at a healthy weight
- Avoid large serving sizes
- Avoid skipping meals
- Eat three (3) small meals and a bedtime snack each day.
Meals should be 4-5 hours apart. (example: 7 a.m., 12 Noon, 5 p.m.)
- Increase your daily activity as tolerated

EAT LESS FAT

- Eat smaller servings of meat. Eat fish and skinless poultry more often. Choose lean cuts of red meat.
- Prepare all meats by roasting, baking, boiling, broiling, or grilling. Trim off all fat. Reduce use of sauces or gravy. Remove skin from poultry.
- Avoid fried foods. Avoid adding fat or fat meats in cooking.
- Eat fewer high-fat foods, such as cold cuts, bacon, sausage, hot dogs, butter, margarine, nuts, salad dressing, lard, and solid shortening. Use small amounts liquid oil.
- Drink skim or low-fat milk.
- Avoid regular ice cream, cheese, sour cream, cream, whole milk, and other high-fat dairy products.

MAKE HIGH FIBER CHOICES

- Choose dried beans, peas, and lentils.
- Eat whole grain breads, pasta, cereals, and crackers.
- Eat more vegetables - raw and cooked.
- Eat whole fruit in place of fruit juice.

Try other high fiber foods, such as oat bran, barley, bulgur, brown rice, and wild rice.



USE LESS SALT

- Reduce the amount of salt you use in cooking.
- Avoid adding salt on foods at the table.
- Eat fewer high-salt foods, such as regular canned soups, ham, sauerkraut, hot dogs, pickles, and foods that taste salty.
- Eat fewer processed and fast foods.



EAT LESS SUGAR

- Avoid regular soft drinks. One 12-ounce can has nine or more teaspoons of sugar! Drink diet sodas, if desired.
- Avoid eating regular table sugar, honey, syrup, jam, jelly, candy, sweet rolls, fruit canned in syrup, regular gelatin, desserts, cake with icing, pie, or other sweets.
- Choose fresh fruit or fruit canned in natural juice or water.
- If desired, use sweeteners that don't have calories, such as Splenda®, aspartame (Equal®), or saccharin (Sweet 'n Low®)

Carbohydrates change to sugar in your blood. Soft vegetables such as corn, peas, potatoes, rice, pasta and dried beans are higher in carbohydrates than crunchy vegetables such as green beans, greens, tomatoes, carrots, broccoli, cucumbers, etc. Eat more crunchy vegetables and eat smaller portions of soft vegetables.